



Bodhicitta Mindfulness *(simplified checklist)*

Waking Up.	May all sentient beings achieve the hold body of the Buddha!
Getting up/ standing up after sitting etc.	May all sentient beings rise up from the great ocean of samsaric suffering!
Getting dressed.	May all sentient beings wear the dress of shyness and shame! <i>Offer to yourself as the Guru-deity or to the Guru at the heart.</i>
Tying your belt	May all sentient beings' minds be bound by the three higher trainings (morality, concentration, wisdom)!
Releasing your belt	May all sentient beings be freed from the bondage of karma and delusion!
Bathing/ Brushing teeth/ Washing anything, etc.	I am washing away all the stains of delusions of all sentient beings. <i>Think that the soap, water, toothbrush, toothpaste etc is the complete graded path to enlightenment.</i>
Bathing yoga	Practice the outer, inner and secret washing. Think you are offering both to the Guru as you wash and recite the verses of bath offering from the Jorcho practice or a please keep reciting: <i>"Guru Vajradhara encompassing all the three objects of refuge, manifesting in the form of a virtuous friend for whomever it subdues, granting the common and sublime realizations, to the kind Guru I offer bath".</i>
Blowing your nose	I am clearing away all sentient beings' negative karma and delusions.
Cleaning	May all sentient beings not have bad conduct! May they have perfect, beautiful conduct!

Offering Incense	May the bad smell of all sentient beings' stains of wicked nature be eliminated and may they have the scented smell of morality. May they live in pure morality! <i>Or simply</i> May all sentient beings have pure morality!
Sitting Down	I will lead all sentient beings to the heart of enlightenment. May this happen!
Entering a temple/ house/ meditation room	May all sentient beings be led into the city of the sorrowless state (great liberation or enlightenment). May they enter the city of liberation!
Going out	I am liberating all sentient beings from the prison of samsara bound by karma and delusion. May this happen!
Opening a door	I am opening the door of the transcendental wisdom gone beyond samsara for all sentient beings! May this happen!
Closing a door	I am closing the door of samsara for all sentient beings. May this happen!
Going to bed	May all sentient beings achieve the Dharmakaya!
Meeting the Guru	May every sentient being meet a perfectly qualified Guru who reveals the complete path to enlightenment!
Seeing a stupa	May all sentient beings achieve the Dharmakaya!
Seeing any hold object/ Buddha statue	May all sentient beings be able to see the pure land of Buddha! May all sentient beings achieve the three kayas! Or the three vajras (i.e. the vajra hold body, speech and mind)!
Cutting / Chopping anything	May all sentient beings' root of samsara ignore holding onto the "I" as truly existent – be cut by the knife-sword of the wisdom realizing emptiness!

	I am cutting all sentient beings' self-cherishing with the knife of bodhicitta.
Making a fire	I am burning all sentient beings' delusions in the fire of transcendental wisdom.
Cooking in a pot	IF you have highest yoga tantra initiation, use the same visualization for cooking that is used for blessing the inner offering.
Eating	May all sentient beings not have the six root delusions and twenty secondary delusions!
Eating yoga	<p>Transform all your eating and drinking into virtue by:</p> <ul style="list-style-type: none"> • <i>Making offering to Buddha, Dharma, Sangha.</i> • <i>Making charity to all sentient beings.</i> • <i>Practicing eating yoga according to Hinayana, Mahayana, Vajrayana. For a simple food offering, offer the food blessed as nectar to the Guru at your heart. If you have a highest yoga tantra initiation, you must bless the food and offer it as nectar to yourself as the Guru-Deity in the manner of a tsog offering or in the manner of doing "burning offering" practice.</i>
Walking/ Driving / Riding a bicycle etc.	<p>I am bringing all sentient beings to Buddha's pure land! I am bringing all sentient beings to enlightenment!</p>
Walking yoga	Practice walking yoga by thinking that all holy objects are on your right side and you are circumambulating them.
Walking downhill	I am going down to liberate the sentient beings in the lower realms.

Toilet	<p>Visualize Vajrasattva on your crown:</p> <p>Recite the long or short Vajrasattva mantra as many times as possible visualizing nectar beams descending from Vajrasattva as your crown and purifying yourself and all sentient beings who are on a moon disc at your heart.</p> <p>Think that all the defilements and negative karmas, spirit harms, obscurations and sicknesses such as cancer of yourself and all sentient beings collected since beginningless rebirth come out from below and enter the mouth of the Lord of Death nine levels below the earth where they are transformed into nectar.</p> <p>Think the Lord of Death is fully satisfied and as you flush and close the lid of the toilet image that his mouth closes and is sealed with a very heavy golden double vajra.</p>
--------	---